

# GALLATIN CITY-COUNTY HEALTH DEPARTMENT

## GROWTH & DEVELOPMENT



### 4 - 5 Years

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	MOTOR
<ul style="list-style-type: none"> <li>Balances well</li> <li>Skips, hops &amp; jumps</li> <li>Can walk heel to toe</li> <li>Copies a square &amp; a cross</li> <li>Draws a person with 3-6 body parts</li> <li>Catches a bounced ball</li> <li>Likes cutting, pasting &amp; creative materials</li> </ul>	<ul style="list-style-type: none"> <li>Provide music &amp; games to help develop balance &amp; coordination.</li> <li>Encourage playing with different sized balls, jumping over obstacles, skipping &amp; hopping.</li> <li>Provide drawing &amp; painting materials.</li> <li>Encourage printing of numbers, shapes &amp; letters.</li> </ul>
LANGUAGE & BEHAVIOR	LANGUAGE & BEHAVIOR
<ul style="list-style-type: none"> <li>Has a large vocabulary</li> <li>Uses longer sentences</li> <li>Can define words such as lake, desk, house, banana in terms of use, category or what it's made of (banana is a fruit, a lake is made out of water)</li> <li>Learning concept of opposites (big/small, day/night)</li> <li>Counts three objects, pointing to each in turn</li> <li>Knows at least 4 colors</li> <li>Can be given 2 or 3 requests at one time; will carry out in order</li> <li>More compliant and reasonable</li> <li>Likes to please but can be defiant</li> <li>Curious about physical differences between boys &amp; girls</li> </ul>	<ul style="list-style-type: none"> <li>Continue reading to child. Encourage her to tell you about the story</li> <li>Play games that include matching objects (memory games), counting (dice &amp; cards), &amp; naming colors.</li> <li>Encourage good manners (please, thank you).</li> <li>Remember that children learn by example; say please &amp; thank you to your child &amp; use good table manners.</li> <li>Encourage correct grammar.</li> <li>Allow child to make choices about games, stories, &amp; activities.</li> <li>Limit TV, computer &amp; video game time.</li> <li>Provide more opportunities to be independent.</li> <li>Let child correct mistakes; let him clean up messes, help you fix broken toys.</li> <li>Praise positive behaviors such as completing tasks, chores, obeying rules.</li> <li>Answer questions about body differences &amp; functions in simple &amp; correct words.</li> <li>Never ridicule, shame or compare your child to other children in an effort to change behavior.</li> </ul>
SLEEP	
<ul style="list-style-type: none"> <li>Typically sleeps about 11 hours at night</li> <li>May still need a nap</li> <li>May awaken with nighttime fears</li> </ul>	<ul style="list-style-type: none"> <li>Encourage quiet activities, such as drawing or looking at books, to help child rest if no longer napping</li> <li>Limit TV, especially scary programs before bed</li> </ul>

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**4 - 5 Years**

<b>FEEDING &amp; GROWTH</b>	
<ul style="list-style-type: none"><li>Growth and appetite vary from time to time</li><li>Food preferences are common</li><li>Enjoys helping prepare &amp; serve food</li><li>Enjoys serving self &amp; is social &amp; talkative at table</li></ul>	<ul style="list-style-type: none"><li>Serve nutritious meals &amp; snacks at regular times.</li><li>Allow child to help with meal preparation, setting the table &amp; serving.</li><li>Include child in meal time conversation.</li><li>Make meal time pleasant.</li><li>Visit dentist every year.</li><li>Help brush &amp; floss teeth daily.</li></ul>
<b>TOILET TEACHING</b>	
<ul style="list-style-type: none"><li>Daytime control accomplished</li><li>Nighttime control may not be accomplished; accidents may be common</li></ul>	<ul style="list-style-type: none"><li>Praise for success.</li><li>Never shame or scold for accidents.</li></ul>
<b>IMMUNIZATIONS</b>	
Needs "kindergarten shots" after 4 <sup>th</sup> birthday (5 <sup>th</sup> DtaP, 4 <sup>th</sup> Polio, 2 <sup>nd</sup> MMR) Varicella vaccine is suggested if child has not had chickenpox by school entry.	
<b>SAFETY</b>	
<ul style="list-style-type: none"><li>Use a correctly installed car safety seat <u>every time</u> child rides in car.</li><li>Keep, poisons, firearms &amp; medications in locked, out of reach cupboard.</li><li>Keep poison control number posted by phone. Keep Syrup of Ipecac on hand; check expiration date regularly.</li><li>Teach safety related to bikes, water, streets, sharp objects, matches, fire, sun, &amp; strangers.</li><li>Learn CPR .</li><li>Choose consistent, quality child care.</li></ul>	

Date: \_\_\_\_\_

Next Visit: \_\_\_\_\_

Notes: